

8 TIPS FOR PREVENTING TYPE 2 DIABETES

Changing your lifestyle could be a big step toward diabetes prevention-- and it's never too late to start. Consider the following tips:

by The Rowan County Health Department

1 MANAGE YOUR WEIGHT

Lose between 5% and 10% of your body weight if you're overweight. For example, if a person is 170 pounds losing 5% of their body weight would mean they lose 8.5 pounds. This would bring their new weight to 161.5 pounds. ($170 \times .05 = 8.5$)

Every pound lost can improve your health.

2 GET MORE EXERCISE

Add more physical activity into your routine by getting at least 30 minutes of moderate exercise most days of the week.

Moderate activity feels somewhat hard, but not challenging. Clues that you're exercising at a moderate level include: breathing a little faster than normal and developing a light sweat after 10 minutes of activity.

3 MAKE GOOD EATING CHOICES

Make healthier food choices and include foods from all five food groups, as outlined in MyPlate, to get the nutrients you need.

Find MyPlate tips and tools here: <https://www.choosemyplate.gov/>

4 GET PLENTY OF FIBER

Including high-fiber foods (fruits, vegetables, beans, whole grains, and nuts) in your diet can reduce your risk of diabetes by improving your blood sugar control.

5 DON'T USE TOBACCO

Tobacco users are more likely to develop Type 2 Diabetes than nonusers. To quit, make a list of reasons to quit, then set a quit date to begin your tobacco-free lifestyle. Share the date with friends and family members who can support you and help hold you accountable.

For more help in quitting: Call QuitlineNC at 1-800-784-8669

6 GET ENOUGH SLEEP

Sleep plays a important role in maintaining normal blood sugar levels. If you get less than 6 hours of sleep most nights you're 3x more likely to have elevated blood sugar levels- making you at risk for developing diabetes.

7 SEEK HELP IF FEELING DEPRESSED

Depression increases your the risk for developing Type 2 Diabetes. The good news is effectively managing depression can have a positive effect on your risk. If you think you may be depressed, seek help right away. Your doctor can refer you to a mental health professional.

8 GET SCREENED BY YOUR DOCTOR

The American Diabetes Association recommends blood glucose screening if: You're over 45 and overweight; or you're younger than 45 and overweight, with one or more other risk factors- such as a family history of diabetes or being physically inactive.

